

NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try

Templeton's Rheumatic Capsules

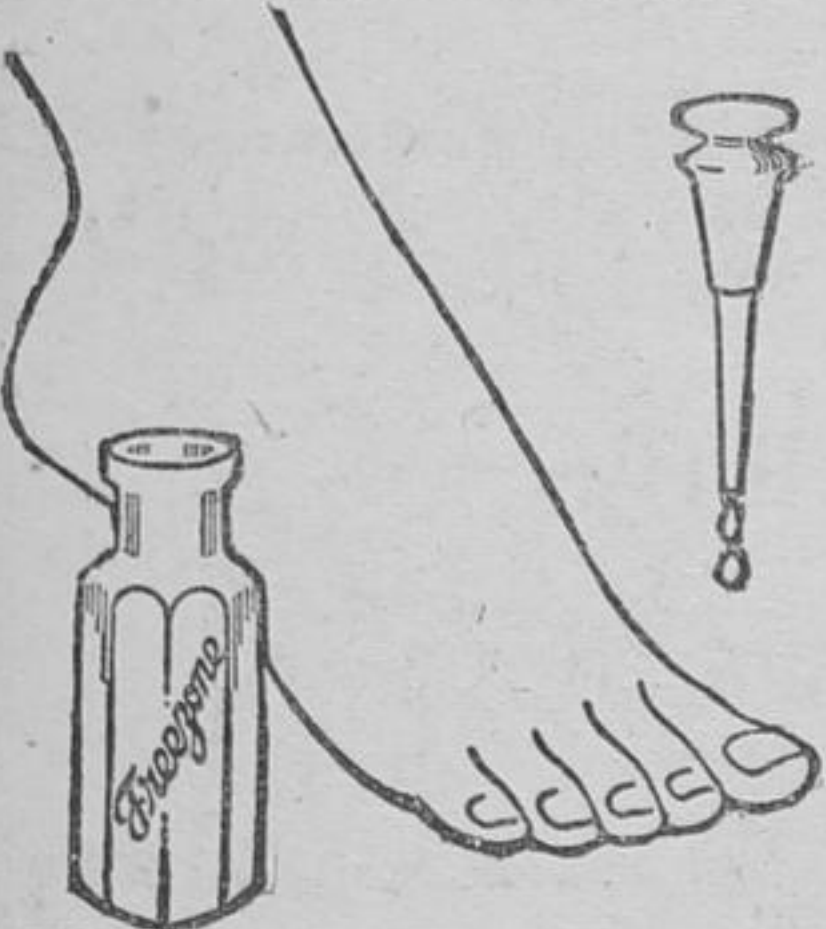
Nothing else brings relief so quickly and so surely. Send for free sample to Templetons, 142 King St. W., Toronto. For sale at reliable druggists for \$1.04 a box.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templetons, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box.

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

Success Nuggets.

Education turns the wild sweetbriar into the queenly rose.

A vigorous initiative and strong self-faith make up the man of power.

Be sure that the honors you are striving for are not really dishonors.

What men get and do not earn is often a curse instead of a blessing.

Many people are such slaves to the opinions of others that they don't dare express themselves; their energies are tied up; they are slaves of Mrs. Grundy. These people do not have opinions of their own, they are governed entirely by those of others.

As above the oyster the starfish, the porpoise the whale, so above all matter does the human being rise pre-eminent.

Some one has defined happiness as "the constant pursuit of an agreeable object with a sense of continual progress."

A bishop used to say to his children when they had used some new article of comfort, "There, you have added to your troubles by a new want."

Don't spend so much energy in building air-castles that you will have nothing left to make your dreams real.

He who can suppress a moment's anger may, by so doing, prevent a day of sorrow for himself and another.

A famous Parisian teacher of singing forbids pupils to wear flowers of any kind, but particularly violets, which, she says, cause swelling of the vocal cords.

A STUNNING PARIS MODEL



9459 Embroidery Pattern No. 1032

9459—Ladies' Dress (surplice closing, two styles of sleeve; two-piece skirt with or without peplum, 37 or 35-inch length from waistline). Price, 25 cents. In 7 sizes, 34 to 46 ins. bust measure. Size 36 requires 4 1/4 yds. 40 ins. wide. Width around the bottom, 1 1/2 yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond Street, Toronto, Dept. W.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Cost of Complaining.

'Tain't in the way o' common sense To growl at rain an' bring the sun; A grumbler never built a fence Or finished work that should be done.

I've never known the clouds to go Because some fellows sat an' whined, When it's too wet to plough or hoe, Some other task to do I find.

I've never known a kicker yet To alter things past his control, Nor met a man with power to fret An easier journey to his goal.

Fond hopes go wrong an' plans will stray However much a man complains, An' spite of all we have to say When it is willed to rain, it rains.

The chap that gets the biggest crops Is not the one that wears the frown; When growlin' starts all progress stops.

No man can climb by sitting down, Time spent in whimperin' is lost, An' cursin' never changed the sky; The grumbler pays a heavy cost For every discontented sigh.

Where Woman Really Rules.

Tiburon, otherwise known as Shark Island, is a real Amazon kingdom, or perhaps queenland.

The women are the heads of the family and rule the men with a hand of iron, graciously permitting them to attend to the work of gathering food, wood, and water, while their wives, mothers and daughters take care of the serious business of governing the country.

All the men on Tiburon are under the rule of their women-folk, but the newly married husband is the most abject of slaves. After mother has approved of the suitor who seeks her daughter in marriage—father's approval is taken for granted—the favored youth is at once made a slave of the family of his future bride, and for a year must be at their beck and call.

After a stormy interlude the small person of five was reduced to a proper state of mind, and even went so far as to volunteer that she thought she knew what had made her so naughty that afternoon. "You see, mummy," she explained, "I think the devil takes an awful lot of interest in me."

EARLY SYMPTOMS OF BLOODLESSNESS

Shown by Pallor of the Face and Lips—How to Obtain New Blood.

Anaemia, or lack of blood, is so gradual in its approach that it is often well developed before the patient is sufficiently alarmed to consult a doctor or take proper treatment to restore the blood to a healthy condition.

The earliest symptom of anaemia is loss of color, especially in the lips, gums and membranes lining the eyelids. Then comes shortness of breath on slight exertion, such as going up stairs, palpitation of the heart, increased pallor of the face and lips. If this thinning of the blood is not corrected it will proceed rapidly until a complete breakdown in health follows, when there may be disorders of the stomach, headaches and back-aches, dizziness and fainting spells. The most effective and prompt way to increase and enrich the blood at a time like this is through the fair use of Dr. Williams' Pink Pills. These pills have restored to good health thousands of weak, anemic people, among them Miss Mae Johnston, of Port Arthur, Ont., who says:—"Between the ages of sixteen and eighteen I worked in a telephone office, and it was very trying to the nerves and health. I became bloodless, and so pale that friends often said I looked consumptive. One night I had to be taken home from the office, and a doctor was called in who told me I must not go back for a time. Sometimes I would faint, and to walk up stairs would leave me utterly breathless. As I did not appear to be getting any better one of my girl friends, whose mother had used Dr. Williams' Pink Pills with great benefit, advised me to try these. I took the pills very faithfully for some time, with the result that they restored me to good health, and now when anyone tells me they feel weak or rundown I always recommend Dr. Williams' Pink Pills, as I feel so thankful for the help they gave me."

If you have any of the symptoms described by Miss Johnston try building up the blood with Dr. Williams' Pink Pills. Eat nourishing food, exercise a little in the open air daily and watch the color return to cheeks and lips. You can run no risk in giving Dr. Williams' Pink Pills a trial as they can not injure the most delicate system. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams Medicine Co., Brockville, Ont.

Adding to the World's Good.

It is not alone those high in place or great in the world's esteem who have the opportunity of living a purposeful life and of accomplishing a part in the world's work. Whoever does a useful thing, and does it well and cheerfully, is contributing to the world's happiness and betterment. Whoever does no more than keep himself truly happy, is adding to the world's good.

For Spanish Influenza

The Liniment that Cures All Ailments—

MINARD'S

THE OLD RELIABLE—Try It
MINARD'S LINIMENT CO., Limited,
Yarmouth, N.S.

Horses Thrive on Seaweed.

French scientists have demonstrated that horses gain in weight if fed a kind of seaweed that grows on the coast of Brittany, instead of grain and other food.

Ask for Minard's and take no other.

The Sort of Man You Are.

Do you know that you carry your rating in your face, your personality? You are as good an advertisement of what you really are as if you were rated in Bradstreet. Everything about you is a tralatse of what is inside, and I can tell, the first time I meet you, what influences have been molding you in your present shape. I can tell what your environment has been, whether you have lived in an ignorant, poverty-stricken and illiterate community or whether you have been reared in the midst of refinement and culture, and have made friends with good books and good companions. Your conversation, your vocabulary, will betray the source of your intelligence. I can detect Shakespeare, Dickens, Emerson, in your conversation if you are educated, cultured, as I can detect the lower type of man if you are ignorant and unread.—O.S.M.

Buy Thrift Stamps.

"SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels



Accept "California Syrup of Figs" only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."

Horses on the farm in England and Wales in 1919 totalled 10,000 more than last year, notwithstanding the increase of traction.

Minard's Liniment for sale everywhere

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
H. Clay Glover Co., Inc.,
113 West 31st Street,
New York, U.S.A.

SINCE 1870
SHILOH
30 DROPS COUGHS

TWO MONTHS OLD BABY HAD ECZEMA

On Face, Very Sore and Itched, Did Not Sleep. Cuticura Heals.

"When my little niece was two months old she had eczema very badly on her face. It was of a moist kind, and took a blister form, and was very sore. It itched, making her face feel hot, and she would scratch badly. She did not sleep well nights."

"A neighbor recommended Cuticura so we got them, and one cake of Soap and two boxes of Ointment healed her." (Signed) Miss Zilla G. Stoddard, R. F. D. 3, Randolph Centre, Vt., March 10, 1919.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations.
Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Lyman, Limited, St. Paul St., Montreal.
Cuticura Soap shaves without mug.

Classified Advertisements.

FERTILIZER

STEVENS' COMPLETE FERTILIZER will pay you. George Stevens, Peterborough, Ontario.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

SOFT ELM WANTED.

SOFT ELM WANTED, 2 IN. AND thicker, shipped green from saw. Do not sell until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

TRAINING SCHOOL FOR NURSES.

REGISTERED TRAINING SCHOOL for Nurses: St. Elizabeth Hospital, 204 South-Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year \$5.00, second \$10.00, third \$15.00. Address: Superintendent.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

WOULD YOU PAY EIGHT CENTS a day to insure against loss of time from sickness or accidents? We have a policy that will do so. Further information will cheerfully be given by writing Mr. Barlow, Continental Casualty Company, 80 King East, Toronto. Agents wishing to get with a high grade Company, using part or all of their time, write us.

Salted foods should never be put away in aluminum utensils.

DAD! YOUR HAIR IS FALLING FAST

"Danderine" will check that ugly dandruff and stop hair coming out



To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Soon every hair on your scalp shows new life, vigor, brightness, thickness, and more color.

A
Constipation Cure
A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine, at druggists.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Lumbago, Stiffness, Rheumatism, Sciatica, Neuritis, and for Headache, Neuralgia, Toothache, Earache, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Less Trouble to make your table beverage when it is INSTANT POSTUM



It is made instantly by adding hot water to a spoonful in the cup stirring and adding sugar and cream to taste.

Sold by Grocers